



Healthy Habits Challenge

Weekly Challenges:

Week #1 – 5 or more servings of fruits and vegetables – include a variety (dark green, red and orange, legumes, whole fruits, etc.). These include all fresh, frozen, canned and dried options in cooked or raw forms, including 100% fruit or vegetable juices.

Week #2 – 15 or more minutes of moderate physical activity – include a variety (walking, swimming, biking, running, strength training, exercise class, etc.)

Week #3 – Drink 48 or more ounces of water – swap high-calorie, high-sugar beverages for water or other non-caloric, low-sugar beverages.

Week #4 – Lose 1-2 lbs. or maintain current weight

Week #5 – Eat a healthy breakfast – mix of protein, carbohydrates and healthy fats; low in sugar

Week #6 – Replace sweets (candy, ice cream, cookies, cake, pie) with a healthy snack (fruit, low-fat yogurt, nuts)



Healthy Habits Challenge

Place a ✓ in the box for each day you complete a challenge. The goal is to check off every day for each weekly challenge.

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 or more servings of fruits and vegetables							

“The only way to finish is to start.” – Unknown

Week #2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 or more servings of fruits and vegetables							
15 or more minutes of physical activity							

Small steps lead to big changes.

Week #3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 or more servings of fruits and vegetables							
15 or more minutes of physical activity							
Drink 48 or more ounces of water							

“Strive for progress not perfection.” - Unknown

Week #4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 or more servings of fruits and vegetables							
15 or more minutes of physical activity							
Drink 48 or more ounces of water							
Lose 1-2 lbs. or maintain current weight							

Step up to a healthier lifestyle.

Week #5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 or more servings of fruits and vegetables							
15 or more minutes of physical activity							
Drink 48 or more ounces of water							
Lose 1-2 lbs. or maintain current weight							
Eat a healthy breakfast							

You are one step further each day. You can do it!

Week #6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 or more servings of fruits and vegetables							
15 or more minutes of physical activity							
Drink 48 or more ounces of water							
Lose 1-2 lbs. or maintain current weight							
Eat a healthy breakfast							
Replace sweets with a healthy snack							

Congratulations on completing the Healthy Habits Challenge!